

UCCOOK

Tuna Fillet & Lemon Greens

with homemade peanut brittle

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Bertha Wines | Bertha Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	1038kJ	2384kJ
Energy	248kcal	570kcal
Protein	9.8g	22.6g
Carbs	30g	69g
of which sugars	7.2g	16.5g
Fibre	4.3g	9.8g
Fat	9.8g	22.6g
of which saturated	2.9g	6.6g
Sodium	492mg	1130mg

Allergens: Sulphites, Fish, Peanuts, Cow's Milk, Allium

Spice Level: None

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	Quinoa <i>rinse</i>
5ml	10ml	Vegetable Stock
1	2	Line-caught Tuna Steak
5ml	10ml	NOMU Seafood Rub
10ml	20ml	Honey
20g	40g	Peanuts <i>roughly chop</i>
80g	160g	Green Beans <i>rinse & halve</i>
10ml	20ml	Lemon Juice
30g	60g	Danish-style Feta <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Butter

1. START WITH THE CARB Place the quinoa in a pot with the stock and 225ml [450ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the tails have popped out, 20-25 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

2. SEASONED TUNA Pat the tuna dry with paper towel. Place into a bowl and coat with a drizzle of oil and the NOMU rub. Set aside.

3. A LITTLE BRITTLE Thoroughly grease a flat tray or dish. Place a small pan over medium heat. Add the honey and allow to bubble until foamy and darker in colour, 2 minutes (swirling the pan occasionally). Don't let it cook for too long or it'll burn! Remove the pan from the heat and stir in 10g [20g] of butter – be careful, it'll be hot. Working quickly, mix in the peanuts until coated. Evenly pour onto the greased tray, sprinkle with salt, and pop into the fridge to cool for at least 15-20 minutes. Once cooled, remove from the fridge and break up into small pieces.

4. LEMON BEANS Place a clean pan over medium-high heat with a drizzle of oil. When hot, fry the green beans until starting to char, 4-5 minutes (shifting constantly). In the final 1-2 minutes, add the lemon juice (to taste). Remove from the pan, season and cover.

5. GOLD(EN) FISH Return the pan to medium-high heat with a drizzle of oil. When hot, sear the fish until golden, 20-30 seconds per side. Remove from the pan and season.

6. DIVE IN, CHEF! Serve up the quinoa and top with the charred tuna. Place the lemon green beans alongside and crumble over the feta. Scatter with pieces of the brittle.